

THOUGHTS

ON THE

SIN OF ONAN:

CHIEFLY

Extracted from a late WRITER.

*And the thing which he did, displeased the LORD;
therefore he slew him also.*

Gen. Chap. 38. Verse 10.

PRINTED IN THE YEAR 1774.

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TO the SERIOUS READER.

I Never yet saw any thing wrote on this subject which a modest person could well bear to read. The well-known English Treatise, entitled, Onania, is a most fulsome and shocking performance. And the French Tract, lately translated, is, if possible, more immodest and fulsome still. Some parts of it most of the London street-walkers, would be ashamed to read aloud. So gross, so indelicate, so more than beastly, is his manner of treating this most delicate subject!

What was useful in his treatise, you have in this Extract, and what was wanting in that, is here supplied: and how necessary is a tract of this Kind? For thousands both of men and women groan under bodily disorders, whereof this sin is the cause; and they never suspected it. Such are many, I had almost said, most of the disorders of the nervous kind. But till the Cause of them is removed, the Effect of them must remain. And thousands make shipwreck of the Faith, and are again weak and faint in their mind, from the very same cause, which is equally destructive to the soul and body. If this has been your case, arise, shake yourself from the dust: the grace of God is sufficient for you! Give not place to the devil a moment longer! From this instant, escape for your life! And when thou art converted, strengthen thy brethren! Labour to help them in particular, who are still in that fatal snare of the devil, still taken captive at his will.

T H O U G H T S, &c.

I.

BY Self-pollution, the young of both sexes frequently contract the infirmities of old age. They become pale, effeminate, dull, inactive; they lose their appetite, weaken their sight, their memory, their understanding, and contract all the disorders attending weak nerves. Many bring on thereby a general weakness, and paralytic disorders of all kinds: yea, lethargies, epilepsies, madness, blindness, convulsions, dropsies, and the most painful of all gouts.

II. Dr. Hoffman observes, "After a long course of this kind, not only the strength diminishes, the body is emaciated, the face turns pale, but moreover the memory fails: a sensation of cold seizes all the limbs, the sight dims, the voice loses its clearness, the sleep is disturbed by uneasy dreams, and the whole body decays. I have seen many who had hereby drawn upon themselves, not only redness and extreme pain in the eyes, but such a weakness, that they could not read. I have seen two instances even of a Gutta Serena produced by this cause."

III. "I have seen, says Dr. Zimmermann, a man twenty three years old, who by this practice fell into a complete epilepsy. Nevertheless I had so far cured him, that he had recovered his sleep, his strength, and his natural colour. But returning to his infamous practice, he came at length to be taken with
fits

fits in the streets: and he was found one morning dead, fallen out of bed, and bathed in his own blood."

Are such as cut their own throats, more guilty of self-murder than this man?

IV. A Child of Montpelier, not above six or seven years old, taught by a maid servant, practised it so frequently as to bring on an hectic fever, which soon cut him off.

I subjoin two instances, communicated by Dr. Mieg, a celebrated physician of Basil.

"The Son of M——, aged fifteen years, died of an epilepsy, which was caused by self-pollution: and that notwithstanding all the help that could be administered by the most experienced physicians."

I know also a young lady of twelve or thirteen years old, who had already, by this execrable practice, drawn upon herself a tympany, an incontinence of urine, the Fluor Albus, and a consumption. She is still in a languishing condition, and I dread a fatal consequence."

V. Several have also observed, That hereby the sense of hearing is weakened, the growth of those who have not done growing is checked: many become hypocondriac to the highest degree, with melancholy, tears, sighs, palpitations; yea, suffocations, and frequent fainting fits, never to be removed while the cause continues: and many times, even when that subsists no more, they are not to be cured, but by death.

VI. The most acute pains are likewise caused by this detestable practice. Some who have

been guilty hereof, complain of their head, others of their stomach or bowels, others of external pains, and some of a dull pain in all parts of the body. It occasions also not only pimples on the face, which is one of the commonest symptoms, but even pustules or blotches on the face, nose, breast, thighs, with cruel itchings on those parts. Numbers are attacked with a gonorrhea, with stranguaries, heat of urine, incontinence of urine, with very painful tumors in or near the parts, and some with the piles, or stubborn costiveness. Let all who are troubled with any of these complaints, consider, if they are not owing to this cause.

VII I shall now mention what has occurred to my own observation. L. D——, a watchmaker, had enjoyed good health, till the age of seventeen, when he gave himself up to Self-pollution, which he repeated every day. There had not passed a whole year, before he began to feel a remarkable decay of strength. Yet in spite of this, he repeated his crime more frequently than before, till he was seized with a kind of convulsion, just at the time, which at first lasted but a few moments, but in a while became habitual, and often attacked him without any apparent cause, with such violence too, that during the time of the fit, which sometimes lasted fifteen hours, and never less than eight, he suffered in the nape of his neck so violent pains, that his outcries sounded like piteous howlings, and it was impossible for him, while the fit lasted, to swallow any thing liquid or solid. He totally lost his strength.

Incapable

Incapable of every thing, he languished for some months; being the more to be pitied, for that some remains of memory, only served constantly to recall to him the causes of his wretchedness. I was told his condition I went to him, and found him lying upon straw, meagre, pale, fallow, sending forth an infectious smell, and almost incapable of any motion. He bled at the nose a pale and watry blood, and was continually foaming at the mouth: attacked too with a diarrhoea, his excrements came from him without his perceiving.

The disorder of his mind was not less than that of his body; without any other sensation but that of a pain which returned with every fit, at least once in three days. I procured for him quickly relief from those violent fits. Being satisfied with having mitigated his tortures, I discontinued remedies, which could have no efficacy on the main of his disorder. He died at the end of a few weeks, in June, 1757.

VIII. Not all those who give themselves up to this odious habit, are, it is true, so severely punished; but there are none that do not suffer for it in a less or greater degree.

The pernicious consequences that have fallen under my observation, are, first, a disorder of the stomach, which in some discovers itself by loss of appetite, or by a depravation or irregularity of its cravings; in others, by acute pains, especially in the time of digestion, by habitual nausea or vomitings, which resist all remedies, while the cause is continued. Secondly, a weakening of the organs of respiration, whence frequently

frequently result dry husky coughs, almost always a hoarseness, and shortness of breath, on any little violence of motion.

It does not require deep knowledge, to be sensible that these three causes are capable of producing all the diseases of languor. The first ill consequences of them, to such as are guilty of self-pollution, besides those I have just pointed out, are a diminution of strength, a less or greater paleness, sometimes a slight but continual jaundice, often pimples, which come and disappear only to make room for fresh ones, all over the face, but especially in the forehead, the temples, and about the nose; a notable leanness; an astonishing sensibility of changes of the weather, especially of cold; a weakening of the sight, and a great impairment of the faculties, especially the memory.

IX. I beg leave to insert here part of two or three letters, which confirm this observation.

“ I had the misfortune (says one) like too many other young people, to suffer myself to be carried away by the violence of a habit, as pernicious to the body as to the soul. Age, indeed, has, for some time past, corrected this wretched inclination: but the ill is done. The disorder and extraordinary sensibility of the nervous system, and the accidents resulting therefrom, are accompanied with a weakness, a restlessness, a sense of distress, that vie with each other to afflict me. I am consumed by an almost continued loss of seed. My face is become pale, and livid. The weakness of my body renders all my motions laborious: that
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of my legs is often so great, that they can hardly support me. My breast is stuffed with phlegm, the load of which throws me into a state of anguish, and my expectorations into a state of Faintness. Here you have a succinct account of my complaint, still aggravated by the certainty, that every day will yet be worse than the preceeding.

Another writes, " I had the misfortune, in my tenderest youth, being to the best of my remembrance, not above eight or ten years of age, to contract that pernicious habit of Self-pollution, which very early ruined my constitution; but especially, for some years past, I find myself under an extraordinary oppression: My nerves are extremely weak, my hands without strength, always shaking, and in a perpetual sweat. I have violent pains in my stomach, arms, legs, sometimes in my loins, and in my breast. I am often troubled with a cough; my eyes are weak and dim; I have a devouring appetite, and yet I grow very lean."

Another writes, " I cannot walk two hundred paces without resting. My weakness is extreme. I have continual pains all over my body, but especially in my shoulders. I preserve my appetite, but that is rather a misfortune as I have pain of the stomach the moment I have eaten, and throw up whatever I have got down."

X. A consequence, and not a rare one, of this practice, is the Hypochondriac Disorder, and if those who are Hypochondriac, from other causes, abandon themselves to it, all the symp.

symptoms are exasperated, and it becomes incurable. I have seen the most cruel inquietude, agitations, anxieties result from these two causes united; and repeated observations have proved to me, that in those Hypochondriacs, who are subject sometimes to attacks of phrenzy, Self Pollution always hastens on the fits. The brain, weakened by this double cause, successively loses its faculties, and the patients fall at length into a state of idiotism, which is seldom interrupted but by attacks of madness.

XI. Nor is this execrable practice less mischievous to the Female Sex. Besides these symptoms which I have already described, women are particularly exposed hereby to hysteric fits, or dreadful vaporous affections; to incurable jaundices, to cruel cramps of the stomach and back; to sharp prickings of the nose, to the Fluor Albus, which is a perpetual source of the most tortuous pains; to the falling down, yea, to ulcerations of the womb, and to all the infirmities which are the consequences of those two disorders; to the Furor Uterinus, which, depriving them at once of modesty and reason, puts them on a level with brutes, till a desperate death delivers them from pain and infamy.

The face is the first part that gives outward signs of the inward disorders. The plumpness, and fresh colour fade away, and leanness and paleness succeed; the eyes lose their lustre, the lips their vermilion, and the teeth their whiteness; nay, it is not rare that the whole figure receives damage by the total deformation of the shape.

XII.

XII. The Rickets is a disorder, as to which Boerhaave is mistaken, when he says, it does not attack persons after the age of three years. It is not uncommon to see young people of both sexes, but especially the female, who after their having been well shaped to the age of eight, ten, twelve, or fourteen, and even sixteen years, fall by little and little, into a distortion of shape, through the curvature of the spine; and this disorder sometimes becomes very considerable. It is not here the place for entering into an enumeration of the causes which produce it. But I ought not to omit, that Self-pollution holds the first rank among them. And it produces numberless other disorders.

XIII. It is not long since a girl of about 18 years of age, who had enjoyed very good health, fell into an astonishing weakness; her strength decayed daily; she was all the day stupified with a kind of dozing, and all night tormented with want of sleep; her appetite was gone, and whitish swellings spread over her whole body. She consulted an able surgeon, who having satisfied himself as to other things, suspected Self-pollution. His suspicion was soon turned into certainty, by the confession of the patient. He made her sensible of the danger of this practice, a cessation of which, and some remedies, stopped, in a few days, the progress of the evil, and produced some degree of health.

XIV. And undoubtedly all the same disorders flow from that abomination common among
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the heathen Romans, (we may hope not so common among us, though it is to be feared, there are now some such monsters in England) *women among themselves change the natural use into that which is against nature.* The consequences of this are equally pernicious, to the body and to the soul. All these deviations from the course of nature, lead to weakness, pain, diseases, death.

XV. Young people of a weak constitution, have on a parity of crimes, worse consequences to fear than others. These especially who have reason to apprehend any hereditary disease by the father or mother's side, such as the gout, the stone, the consumption; the king's evil; those who have any touches of a cough, an asthma, spitting of blood, the head ache, or the Epilepsy. All these ought to remember, that every act of this sort, gives a severe blow to their constitution, hastens the attack of the evils they dread, and will throw them in the flower of their youth into all the infirmities of decrepid old age.

XVI. But notwithstanding all these miseries caused thereby, how hard is it to break loose from this accursed practice! As soon as the habit has gained strength, both body and soul concur in sollicitation to it. The soul is so accustomed to loose ideas, that they continually recur, whether you will or no. And the very humours of the body affect the soul, and drag her back into the mire. What pity, but those who are yet untainted could foresee, that one false step naturally brings on another; taat in

a while they will become absolute slaves, reason and religion having quite lost their force: And that in a little time they will find themselves cast away in a sea of misery, perhaps without the aid of a plank, to bring them again to the shore.

XVII. So long as any continues in this practice, it is impossible to remove the effects of it. And what can enable one, habituated thereto, to break it off? Nothing less than the mighty power of God. This is only to be expected by those, who labour in every other instance, to preserve *a conscience void of offence, toward God and toward man.* For while a man indulges himself in any sin whatever, he will never conquer his besetting sin. But supposing he is really *exercising himself* in universal *godliness*, he will find the grace of God is sufficient to preserve him from this, in the use of proper means.

XVIII. Some of those means are, 1. The avoiding all temptations, with the utmost care: all such pictures, books, company, as recall those ideas, which he wishes to forget for ever. 2. The having as little intercourse with the other sex, especially in private, as possible, and abstaining sacredly from all those familiarities, which to others might be innocent. 3. The refraining from wine and strong drink and all salt, and high seasoned meats: likewise from oysters, eggs, (unless physically used) and whatever other food has a tendency to inflame. 4. Let them use the most plain and simple diet, and as little of it as will suffice nature. 5. Let them eat either none, or at least easy and light suppers.

suppers. 6. Let them lie either on a hard bed, or on the ground, and never on their back. 7. Let them take no more sleep than nature requires, and never lie in bed longer than they sleep. 8. If they are in health, let them use constant fasting, not less than once a week. 9. Let them take as much exercise every Day, as their strength will bear. If they add to these, constant watching and Prayer they shall not easily be overcome.

XIX. But suppose the bodily health is destroyed, by what means can it be recovered?

If a person is much weakened and tending to a consumption, he must immediately leave off tea, using in its place either mint, balm, water-gruel, milk, or thin chocolate. "I begin, says Dr. Storck, with nourishing broth: Beef tea (so called) is the best of all. Rice, oat meal, barley boiled with broth, or milk, are all very serviceable; but it must be observed, to let him eat but little at a time, and often. Should the stomach be so weakened, that it cannot bear even these light aliments without pain, the patient should be put to the female breast, a recourse which has retrieved many out of the most desperate condition. To restore strength and activity to the relaxed fibres, I would recommend the use of wine heated with a hot iron, bark, cinnamon. As soon as the patient has strength enough to walk, it will be of infinite service to him to go into the pure air of the country.

XX. A consumption of this kind is known by the name of *Tabes Dorsalis*. It arises from

a general relaxation of the fibres, a weakness of the nervous system, and a depravation of the fluids. It depends on the weakening of all the parts; the great requisite is to restore strength to them.

In order to this, I first advise the patient as soon as possible to remove into the country. But it would be of no use to fix on a place with a good air, if one does not chuse to breathe it. The air of chambers, if it is not continually renewed, is nearly the same in all. It can hardly be called a change of air, from a close room in town to a close room in the country. There is no enjoying the benefits of a healthy atmosphere but in the open fields. If infirmities hinder the going or being carried out, at least the air of the chamber should be renewed several times in a day; not simply by opening a door or a window, which renews it only a little, but in letting into the chamber a torrent of fresh air, by opening at once, two or three opposite inlets. There is no disorder that does not require this precaution; but do not expose the sick person to the current of air: and it is always very easy to place him out of the power of it.

XXI. It is also extremely important to breathe the morning air. Those who deprive themselves of it, for the sake of remaining in a stifling atmosphere between four curtains, renounce the most agreeable, and perhaps the most strengthening of all remedies. The freshness of the night will, by morning, have restored to the air all its vivifying principles; and
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the dew which evaporates, by degrees, after having loaded itself with all the balm of the flowers, renders the air truly medicinal; you solace yourself in a vaporous bath of the essence of plants, of which nothing can be an equivalent.

I have seen the most sensible effects of it on some valetudinarians, and especially on such as were hypochondriacs: These experienced, in the clearest manner, that if they breathed the morning air, they were the more chearful, the more lively, all the day.

XXII. In the choice of Aliments I would recommend the two following rules:

First, To take no aliments, but what under a small compass contains a great deal of nourishment, and are of easy digestion.

Secondly, To avoid all that have any acridity.

It is of great importance to restore to the stomach all its strength; but the dilatation of the stomach by abundance of aliments would daily weaken it: besides, if it is too full, weak persons feel an uneasiness and melancholy, that augment all their disorders.

Upon these principles may be formed a catalogue of such as are proper, and of those which should be excluded. In this last class are all flesh meats naturally hard and indigestible; such as all flesh of old animals; all that has been hardened by salt or smoak; and all that are too fat, or greasy.

Indeed there is nothing which persons of a weak digestion ought more carefully to avoid, than

than fat or greasy food. Rich pye crust, is another sort of aliment much above the strength of a weak stomach. Flatulent garden stuff is also noxious; such are all sorts of cabbage, and such plants as have a taste and smell remarkably acrid. Yea, fruits, which are so salutary in other disorders, are seldom proper in this. And if they are taken at all, must be taken quite ripe, and exceeding sparingly.

XXIII. The proper food is the flesh of all young animals, fed in healthy places, and wholesomely fed; such as veal, lamb, or young mutton, young beef, fowl, pidgeon, turkey, partridge. But lark, thrushes, quails, and other wild fowl, with most sort of fish, are to be used more sparingly.

The best way to prepare these, is to roast them by a gentle fire, so as to preserve their gravy, and not dry them up too much; or to stew them slowly in their own juices.

But some persons cannot digest even these: To such we must give broth, extracted by a gentle boiling. It may be accompanied with some bread, and a dash of lemon juice, if they like it. And besides, the use of it is indispensably necessary to prevent that putridity which would be the consequence of mere animal food.

XXIV. The best garden stuff is the tender herbs of the endive kind, artichoaks, asparagus, Farinaceous grains, prepared and boiled in light broth, are an aliment not to be slighted, as it combines every thing that is nourishing in the two kingdoms, animal and vegetable, while their mixture prevents the danger from each

aliment given single: the broth hinders the meal from turning four, the meat the broth from putrefying.

Eggs are an aliment of the animal kind, and an aliment extremely nourishing; they strengthen greatly, and are easy of digestion, provided that they have but little or even no preparation by fire, for if the white is once hardened, it does not easily dissolve again. The best way of eating them, is just as they are new laid from the fowl, without any preparation, or in the shell, after only three or four dips in boiling water, or stirred into warm, and not boiling broth.

XXV There remains to mention milk: which unites all the qualities that can be desired, without having any of the inconveniencies that are to be dreaded. It is the most simple, and the quickest of all restoratives. Only it is to be observed, that there are some stomachs, which cannot bear it: At least, unless under the following regulations.

First the female that furnishes it should be healthy, and live regular: Secondly, during the time of taking it, all aliments should be avoided that can turn it four; such are all fruits, raw or prepared, and in general every thing that is acid: Thirdly, it must be taken at times distant from other aliments; it not taking kindly any mixture: Fourthly, take only a little of it at a time: Fifthly, all the while take care of keeping the breast, the bowels, and the legs extremely warm: and above all: Sixthly, (for without this precaution all the others would be
useless)

useless) be very moderate as to the quantity of even the best chosen aliments. During this recourse to milk, there should be no trouble given to the stomach: the smallest over-load, the slightest indigestion, leaves in it a principle of corruption, which presently turns the milk, and may of the most wholesome of aliments, make a violent poison.

XXVI. Hardly any kinds of milk are now in use, but women's, asses milk, goat's, or cows. Each has its different qualities: yet there are few cases in which milk from the cow may not be used for all the others. That from women is generally believed the most strengthening. The noble cures wrought by the use of it, leave no doubt of its efficacy; but there is one inconvenience, that it must be taken immediately from the breast; and this very thing might expose the patient to temptation.

It is thought that asses milk has the nearest analogy to this; but this is rather matter of opinion than of experience. It is the most serous, and from that very quality, the most laxative. It is a most pernicious error the imagining it the most strengthening. Daily observations demonstrate the contrary, and prove not only that it is not the most efficacious, but that it is, perhaps, the least so. I have rarely seen any good effects from it; sometimes I have seen bad ones.

XXVII. Before I quit this subject of aliments, I add the important counsel to avoid mixtures. It is obvious, how impossible it is for very different aliments to undergo, within the same
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time, a perfect digestion; this mixture it is which is one of the causes that ruin the healthiest constitutions, and is mortal to weak ones.

Another circumstance equally necessary, and almost equally neglected is a thorough chewing. This is a help to digestion, of which even the most vigorous stomachs cannot be long deprived without a notable decline; and without which the digestion, in weak ones, is extremely imperfect.

XXVIII The liquid part of the aliments, is an article of the regimen almost as important as the solid. All liquids should be forbidden that can augment the relaxation, and diminish the little that remains of the digestive powers, that can convey any acridty into the humours. or hurt the nervous system. All hot waters have the first effect of relaxing. Tea, with that, has also all the others; coffee has the two last; so that one ought rigorously to abstain from them.

Spirituous liquors, which, at the first view, might appear serviceable, are still more hurtful, and ever attended with great inconveniences. Their action is too violent, they irritate more than they strengthen, and if they sometimes strengthen, the weakness which succeeds is greater than before: Besides, they give to the Papillæ of the stomach a hardness that robs them of that sensibility necessary to the creation of an appetite, and take from the liquids that degree of fluidity, which they ought to have in aid of that sensation.

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The best drink is water from the purest spring, mixed with a wine neither too heady nor too acid ; the heady kinds irritate the nervous system ; the acid weaken the digestions, and procure over-copious urines, which exhaust the patients.

In places where good water is not to be had, it may be corrected by filtration, by a hot iron, or an infusion of some agreeable aromatic, such as cinnamon, anniseed, or lemon peel.

XXIX. Common beer is noxious. Mum which is properly an extract from grain, both nourishing and strengthening, may be of great use : it enlivens as much as wine, and is more nutritious ; it may serve for meat and drink.

Among the useful drinks, may be ranked chocolate ; the cocoa contains a great deal of nutritious substance, and the mixture with it of sugar and aromatics corrects any detriment from its oiliness. " Chocolate made with milk (says M. Lewis) in such quantities as to pass easy off the stomach, is an excellent breakfast for a tabid constitution. I knew a child 12 years old who was in the last stage of a consumption, when given over by a physician, recovered by the mother's giving her chocolate only, in small quantities, often repeated."

XXX. What is to be said of sleep, may be reduced to three points ; its duration, the time of taking it, and the precaution necessary for quiet sleep.

In grown persons seven hours of sleep, or at the most eight, are sufficient for any one ; there is even a danger in sleeping longer ; and
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in remaining longer in bed, which throws one into the same disorders as too much sleep. That term ought never to be exceeded, unless one should be fallen into such a degree of weakness as not to have the strength necessary left for the being long up.

It stands demonstrated that the air of the night is less healthy than that of the day, and that the weakly are more susceptible of its influences in the evening than the morning. Therefore it is best to go to bed early, and rise early. This is a precept so commonly known, that it may appear trivial to mention it : but it is so much neglected, and the consequence of it seems to be so little felt, though infinitely greater than it is believed to be, that it is very allowable to re-inculcate it by any insistence on its importance, especially to valetudinarians.

In order to sleep quietly, we should take care.

First, Not to be in a hot air, and to be neither too much nor too little covered.

Secondly. Not to have the feet cold at lying down ; an accident common to weak persons.

Thirdly. Not to lie down on a full stomach : nothing more disturbs the sleep, or contributes more to render it disquieting, heavy, or overwhelming.

Therefore it is best to sup on the lightest food, and that two hours before we go to bed, that the first digestion may be over before we lie down to sleep.

XXXI. But exercise is as necessary as sleep. Walking is good : but for weak persons riding is better. The weakest may use a carriage. And when the weather does not allow of going out, some means of motions should be contrived, in the house, as the battledore and shuttle cock, which diffuses through the whole body an equable motion : a wooden horse is better still:

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But observe, use no violent motion immediately after a meal. And do not eat while hot from exercise : which should be taken before a meal, allowing some moments of rest before we eat.

XXXII. The noblest of all restorative *Medicines*, are the *Peruvian Bark* and the *Cold Bath*. I order the former to be taken three times a day. I time the Cold Bath, in the Evening, when the dinner is fully digested : it contributes much to procure quiet sleep. I knew a young man, accustomed to self-pollution, who used to pass the night in the most sleepless disquiet, and who was every morning bathed in sweat. The night that followed the sixth time of his using the cold bath he slept 5 hours, and got up in the morning without sweat, and much refreshed.

I prescribed also for the young man, whose case is described above, pills of which myrrh was the basis, with a decoction of the bark, and this was attended with the happiest success. Except in this, that he had not, nor perhaps ever will have, the strength he would have had, but for his misconduct. The check, which the machine receives in its growing season, has consequences which are irreparable. Oh, that this truth were but strongly imprinted on the minds of youth !

XXXIII. But the best of all medicines, where it will agree, is milk. And where it does not otherwise agree, it may be mixt with some absorbent powders ; some spoonfulls of mint water ; nay, often, only a little sugar, will make it agree.

But if still it will not agree, I advise trying butter milk. I prescribed it with success for a young man, to whom I durst not give milk itself. The bilious drink the butter milk with pleasure, and are always the better for it ; and indeed it ought always to be preferred to milk, where there is any feverishness.

It calms, it dilutes, it sweetens, it assuages the thirst, it refreshes, and at the same time nourishes and strengthens.

XXXIV. I have now only to remind you once more, who have well nigh destroyed your Souls and Bodies together, that you cannot escape out of this snare of the Devil, but by the mighty Power of God. Forget not this then among all your Remedies. Call fervently on him against whom you have sinned : Study to please him in all things, and he will heal your Soul, and do with your body as he knows is best for you.

F I N I S.

